

BRIDGES

WEDNESDAY, FEBRUARY 11, 2015

ON THE SCENE:

Our best shots from the sixth annual Chefs' Gala & Showcase **P. 10**

GARDENING:

Roses aren't the only flower to represent love **P. 26**

WINE WORLD:

A delightfully sophisticated way to woo a date **P. 27**

A STARPHOENIX COMMUNITY NEWSPAPER



WHEN LOVE FALLS INTO YOUR LAP

TRELLE AND GRAHAM KOLOJAY MET ON THE RIDER CHEER TEAM AND HAVE BEEN FLYING HIGH EVER SINCE **P. 4**

PLUS: SIX BAD FIRST DATES, JUST IN TIME FOR VALENTINE'S DAY

FREE

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Nellie and Graham McKee pose in the grounds of the Onda Borsbrough where they got married last year. They were in 2010 when they were both on the *Real Cheer* team. **BRIDGES PHOTO BY MICHELLE DESS.**

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ON THE COVER

He's my soulmate ... I couldn't imagine my life without Graham. — Trelle Kolejag

VALENTINE'S DAY

Love, Saskatchewan style



Trelle and Graham Kolejag, who met when they were both on the Rider Cheer Team, snuggled by the South Saskatchewan river in Saskatoon, Saskatchewan, on a recent work day.

By Jenn Sharp

"Two Saskatchewan cheerleaders fell in love on the field while cheering for their beloved green and white. Does it get any more Saskatchewan than that?"

Trelle and Graham Kolejag both played the Saskatchewan Cheer Team in 2014. Trelle, now 24, was a student and cheerleader at the University of Regina. Graham's cheerleading started on a whim a few years before.

A friend asked him to come out to practice — they needed an extra guy that day. He's been hooked ever since. Cheerleading challenges

him in ways he never expected. Meeting your future wife wasn't a bad perk.

"It's by far the hardest sport I've ever done. With cheerleading, there's always something new to learn, there's a good group of people it's very physical," he says.

The boys on the team occasionally get picked on — for being males in a female-dominated sport — but Graham says the girls always have their back.

"The big thing is winning the fans over on the Rider team," says Trelle. "Once you prove the skills that we need the guys for that's what the crowd needs to the crowd. We have a lot of

fans now that are really screaming for the guys." Thanks to the fans, the Rider Cheer Team can put on gravity-defying stunts, full of high tosses and other stunts.

It's a huge commitment for the volunteers. Practice is every weekend with a real work one held in December (practitioners live in Regina and Saskatoon). Members must be at every Rider game, of course.

"You're performing for 40,000 people who are excited to be there and you get to feed off the energy of Rider nation, which is amazing," says Trelle, a former dancer.

On a regular game, it couldn't have Trelle

pulling to see — you can't hear the person behind you. "We get that every game," adds Graham. "It's our job to entertain and we have a lot of fun doing it."

Trelle and Graham didn't get to know each other until the 2013 Grey Cup, when the team was together for six days in Edmonton.

Christmas plans gave Trelle the first clue that Graham was serious. Graham had visited Christmas and used it as an excuse to go to her room.

"I offered one to everybody in the room but she just happened to be the only person in the room at the time," he says.

At no point were we awkward or running out of things to talk about. Even when things were quiet, it was nice.

—Graham Kolajay



Graham and Treble Kolajay celebrating the firefighter, Gary Luthwin in 2013. JIMMYE PHOTO

Treble Kolajay knew Graham was a doctor when he went out of his way to doing her donation runs when they were both in Edmonton for the Grey Cup in 2010. JIMMYE PHOTO BY MICHAEL KING

"I thought, that was really nice and really out of his way to bring me that cinnamon bun from the mall. I wonder."

The two really hit it off at the after-party a scheduled affair after the Red Sox lost the Grey Cup. A week later Graham went to Regina for what they call their "super date." It lasted eight hours: lunch at Saulty's, the Scaevole Centre, feeding the elk, a movie.

"It felt like high school because

he'd driven all the way from Saskatoon to come to Regina," says Treble.

"At no point were we awkward or running out of things to talk about. Even when things were quiet, it was nice," says Graham.

They were both on the Hater-Cherri Team the next year but it was a different dynamic. Because they lived in different cities, the only time they'd see each other was at the mid-week practices — a routine that

missed on Davidson.

"We try and sneak off and catch up with this person and don't want to practice," says Treble.

At the mississippi, gangster Graham planned a meaningful proposal during a vacation in Hawaii. A webcam looks over a particular spot on Waikiki Beach. Treble's grandma, who is now deceased, used the spot in the past to stare at the luxury beach house using the webcam.

Graham took her to the same spot, where they sat on the rocks looking over the ocean. He got down on one knee and proposed.

"And the ocean levels rose a little bit," he smiles.

"Yeah, instead being on my part but sure I can look on the webcam and see our rock anytime," says Treble.

"He's my advocate. He's my everything and has made me a better

person. I couldn't imagine my life without Graham."

Getting the ring to Hawaii was another story. Graham didn't want to put it in his checked luggage so stuffed the ring in his sweater pocket. But Treble got cold.

For hours, she was wrapped up in his sweater, all the while Graham sweating it out, worrying she would feel the ring.

Continued on Page 6

I love the idea of love. I love human interaction. If you can be part of helping people be happy and in love, it's the best feeling ever. — Hannah Haluzan

"Somewhere I didn't feel it. I love us also here," says Trille. "She obviously played it well because I had no idea he was that nervous, either."

The couple took a break from the team in 2012 when Trille finished school and moved to Stockholm for a job at CROM. They were on the team in 2013, performing capricious routines of man-ship cheating and dancing when the Riders won the Grey Cup.

When the clock hit zero, Gini had nudged up Trille and spun her around in the blizzard of green and white confetti. They ran to the stage where the Grey Cup was presented and took a selfie.

They got married last year at the Delta Saskatchewan in Saskatoon. A group of cheerleader friends hosted the couple into the air at the reception, and the Riders even made an appearance in their vows.

Not everyone has the good fortune of love falling into their lap. Some raise it on a little extra work, such as the services of a matchmaker.

Hannah Haluzan, a headhunter in Saskatoon, is constantly matching up her clients.

"I set a lot of people up on dates. Almost every single friend of mine or client of mine would tell you that I've set them up on a date," she says.

Her clients don't always ask to be set up on dates either — she gets to know them all so well that it's easy to make the match. And sometimes she helps people set up their first date after a hiatus or breakup. While she doesn't have a marriage match (yet) some of her couples have been in long-term relationships.

As a headhunter she's privy to insider information. There's something about sitting in that chair that makes people open up.

"You learn a lot from people telling you how their dates went," she laughs.

The most common complaint she hears is that there's not a lot of options for finding dates in Saskatoon even besides online or in bars. It's also difficult to meet people in your life and like.

"It gets harder when you have kids



Hannah Haluzan is a Saskatoon headhunter, but not upriver of her clients on dates in her 14 years of work. Photo: Peter G. Gosselin

and you're into your career," says Haluzan, who has been married for eight years.

The old recommendation to join an activity may not pan out so well

if you don't like volleyball then have to play on a lounge for four months without meeting someone.

"It's more about being open to what life brings along for you."

Stay honest — she would like to start a singles networking group in the near future.

I love the idea of love. I love human interaction. If you can be part

THE DOS AND DON'TS OF DATING:

After listening to countless dating stories in Saskatoon, Hannah Haluzan has some advice.

DO

- Ask your computer for help talking to new people. If you're in a rush, try OkCupid, eHarmony or JDate. Better than a lot of swiping software.
- Be open to who might come along — it might not be who you were expecting.
- Be honest about who you are and what you look for.
- Give your client a piece of your heart. You'll be more open to finding someone who loves you in this position. See.
- Try to make it fun. You can be a little bit of a joke. If you know of anyone who can be a little bit of a joke, make it fun. You can be a little bit of a joke.
- There's a pretty good chance you'll be a little bit of a joke. It's a pretty good chance you'll be a little bit of a joke.

DON'T

- Try to make your date be special with everything you do.
- Put pressure on someone to conform to your ideal.
- Try to present an inaccurate view of yourself.
- Get discouraged, there's someone for everyone.

of helping people be happy and in love, it's the best feeling ever."

hannah@hannahhaluzan.com
Twitter: @hannahhaluzan

At this point I knew this date was going nowhere. I mean, you don't steal my food when you tell me you're not hungry.

—Adina Ylustrinas

YOU SAID IT: Readers describe their worst first date

LATE, CHEAP AND CLUED OUT This guy asked me out on a Monday night for a drink. He was pretty cute and super nice. He had asked me to come to a certain restaurant because he had a gift card... I should have said "GIFT CARD ON A FIRST DATE?" But who am I to judge a gift certificate, so I said yes.

He was late for our date. But only by 20 minutes, so I let it slide and waited patiently for this man to arrive with this gift card.

He walks in and we hug and start chattering. The first thing he asked the server was what was on special. So we started off with the margaritas. All I'm thinking is "this date is cheap!"

An hour passes and he's getting a little drunk and I decide it's a waste time. I ask him if he wants an appe-

ter and he declines my request. I ordered a small one for myself. When it came to the table he started me hounding it and ate half of it. He kept saying how good it was. At this point, I know this date was going nowhere. I mean, you don't steal my food when you tell me you're not hungry.

Next, I go to the bathroom and when I get back I discover he had ordered a bottle of wine. This date was never ending. We proceeded to drink the wine, and everything was fine. We continued to talk about world events and boring stuff, and he complimented me a lot, which was nice. I started to accept his appearance, watching as a real guy.

When it was time to get the bill he said "Can you split the bills in two?" Oh, and out the wine on each bill."

When the server brings the bill, my total was \$80 — he had ordered a very expensive bottle of wine. But only did this guy invite me out to use his gift certificate. He ordered wine and ate half my appetizer. I had hoped at least just in case he didn't go out with me. This was a very expensive Monday.

Sadly this guy asked me out again and I had to decline. When I explained to him that he was really cheap he was in denial.

Two weeks later he sends me a text that said "Can I ask you out on another date?" I'll even pay this time."

Get lost, buddy. I still to this day want to know how much was on that gift card that I was never a part of.

—Adina Ylustrinas

THE PROGRESS OF A BAD DATE



For your enjoyment...

The Meewasin Valley Centre and Beaver Creek Conservation Area are open during the Winter School Break.

Monday 14 - Game Ready Day Science Prep
Bring your ideas and energy to our Science Prep program. This is a chance to get the Meewasin Valley Centre staff and volunteers to help you with your ideas and energy. We'll be happy to help you with your ideas and energy. For more information, call 386-665-6646.

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He was 30 years older than his picture, horseshoe bald head, pants pulled up so high showing all the "bulges," and a tight green Roughriders shirt tucked in! — Mandy Dyck

THE PROGRESS OF A BAD DATE



ONE DATE WAS ONE TOO MANY

A few years ago, I went for tea with a guy I had met online. We began to talk about current events and the conversation turned to the Israel/Palestine conflict. He went on a rant about how evil Israel is, which then led to an hour and a half diatribe on his part about how the Holocaust never happened.

I sat so bored all about how the six million number was made up, that the camp weren't death camps, they were just work camps, and the reason there are all these movies about it is because "the Jews own Hollywood."

Further evidence of the worldwide conspiracy was the fact that if you search "Holocaust denial" you get cut-off so fast!

I sat there, in shock. My brain was doing gymnastics, trying to understand what was going on. He couldn't possibly be saying what it seemed he was. It's so good to be able to have someone to talk to about this, if I try to talk to other people they won't let me," he said.

The thing is, I'm somewhat of a Holocaust scholar. I've watched countless movies and documentaries (including all eight hours of Shoah), read stacks of books, and a lot of history classes (university classes). Yet, I have speeches.

I interpreted a couple of times, trying to change the subject or to explain why people get upset when you question the existence of a significant genocide only to be cut off so he could return to his seat. There wasn't much to say anyway. How do you try to convince someone that a major historical event did in fact occur?

Afterward, I considered adding, "Must believe that the Holocaust actually happened" to my online profile. I sat it down instead.

— Sabrina Cataldo

NO, NOT THE HORSESHOE BALD!

He was the man of my dreams! We had conversations, plus he was very attractive and my age.

We made arrangements to meet at a coffee shop. I had tested him when I left home to see how long what I was wearing so he would be able to recognize me. He responded by telling me how he would be sitting near the back and that he might be sharing with his neighbour who he had met when I arrived.

I arrived just a few minutes late. The place was almost full, so it took a minute to see the room and find him. After a few minutes of looking, I saw this man in the very back corner, wearing, smiling, and looking right at me.

"That just can't be him," I thought. That has to be the neighbour he had spoken about. He was 30 years older than his picture, horseshoe bald head, pants pulled up so high showing all the "bulges," and a tight green Roughriders shirt tucked in!

I walked up to him awkwardly smiling, saying that it was not him. He introduced himself and my heart was literally pounding out of my chest when I realized the person was not the man of my dreams at all.

I had to come up with something quick. I told him I had forgotten my phone in my car and would be right back. So I slowly walked out the door. Then as soon as I was out the door I literally ran to my car and never returned.

What a liar! He was nothing like his picture! I didn't feel bad for one second for leaving him there all alone when he had led to me like that. Unbelievable.

— Mandy Dyck



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I laughed and reminded myself that perhaps I needed to trust my instincts more when dating.

— Michelle Hughes

IT'S NOT ME, IT'S YOU

I have had some good dates. But the worst one would have to be with a woman I met online who was very pretty in her pictures.

I decided to meet with her at a lounge. I arrived early so I went into the bar and sat down at a table and waited. All of a sudden a woman walked up to me and asked if I was. Even I said "yes, do I know you?"

Apparently I was her 1st! Just say her picture was from a better time in her life. So I apologized, sat her down and bought her a drink. I started asking questions about her and she asked about me. For about the next 30 minutes I talked to someone about her female roommate that left her for a man after 10 years together (I think she might have been a closet lesbian) and how she worked at a bar that hasn't been around in 20 years.

After about a half hour of not trying to make eye contact, I had to go get my keys. — I you know what I mean I have had several since then that have had been terrible.

One lady laughed every three seconds and kept telling me to shut up.

Another one did not talk.

One girl called my car a piece of s***. She did not own a vehicle.

A different girl looked at me like she was going to die anytime when I wouldn't let her say the bill.

And the last one was ordering shots for herself like I was Donald Trump!

Another girl I already may have dated. But she hit my lip so hard one night it hurt. I throw down with the best of them but when you start showing on my face that's a deal breaker.

I have never left the online dating world. I will stick with my good looks and great smile.

— Evan McConigle

WISDOM WISE

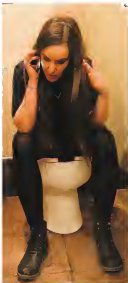
I ordered the steak. She got tuna. I went to give her a kiss at the end of the night. She scratched me. She was a cat.

— via Twitter @kavacat10

NO HOUSE CALL FOR YOU, DOG

"After encouragement from friends I moved on to Plenty of Fish to try online dating. One night while scrolling through the meager list of options, with a girlfriend she occupied one

THE PROGRESS OF A BAD DATE



of the profiles. She encouraged me to contact him, having known him as a good-looking, super sweet, and established doctor she had met about 10 years earlier.

While he didn't really seem to type from his profile, I tried to focus on optimism. We messaged back and forth for a couple of weeks and then he asked me to lunch. As soon as I walked into the restaurant, it was obvious he was not my type.

He stuttered nervously as we spoke and snarled. I knew the chemistry was not there. I decided to look at it as a practice date. Midway through the lunch he inhaled and said he had to confess something to me.

He was seeing someone named Angie that he had met recently on POF. He went into great detail about their dates and how she had been to his house and he had cooked her dinner and got intimate.

Not sure whether to feel relief that this was an easy out or insulted that he was picking the other women I asked him why he had asked me to lunch. He said I was so beautiful that he just had to meet me in person.

I refused the rest of my lunch as quickly as I could and saved the "my meter has run out" excuse to get out of there fast. He asked if he could take pictures. I replied "Good luck with Angels."

A few weeks later my girlfriend called me mid-day and whose name into the phone. She was hiding behind a clothes rack at Wetters — she had run into the doctor she had encouraged me to go on this date with.

"He kept it up all week. I was so sorry," she said and hung up. I laughed and reminded myself that perhaps I needed to trust my instincts more when dating.

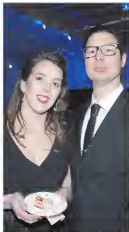
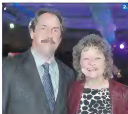
— Michelle Hughes

ON THE SCENE

#CHEFS' GALA & SHOWCASE

It was a night full of old Hollywood glamour, cultural treats and some of the finest food Saskatoon chefs could dish up. The sixth annual Chefs' Gala & Showcase was held Feb. 7 at Pier Island Park. A nearly sold-out crowd of 392 The event supports four organizations that contribute to Saskatoon's culture: Little Dancers on the Prairie (SODP), Live Five Independent Theatre, Ontario Chamber Music Festival and the Saskatoon Chefs' Association. Saskatoon artists also donated pieces for a live and silent auction. Live theatre, opera and chamber music performances were interspersed with a decadent seven-course meal prepared by the city's top chefs.

BRIDGES PHOTOS BY LIAM RICHARDS



1. Derek Worrington and Christine Worrington
2. Phil Brown and Abby Johnson
3. Jennifer Weech and Marc Collette
4. James Wright and Debra Smith



ON THE SCENE

1. Kari Elliott and Sam Mirav
 2. Jennifer Tang and Ryan Cooke
 3. Solidified Collectors and Yvonne Orr
 4. Heather Morrison, Carlin Hunsford
 Kristina Hughes



5. Deigh Frisvad and Kari Lay
 16. Prayon Ward, Jackson White and
 Jane Caulfield
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MUSIC

WE'RE ON FACEBOOK: Visit us at
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COVER BAND

The Milkman's Sons found fountain of youth



The Milkman's Sons are (left to right) lead singer Geoff Gilbert (lead guitar), Adam Kapchuk (lead vocals and guitar), Mickey Kapchuk (drums) and lead vocalist Mickey Kapchuk (drums and vocals).

By Ashley Martin

Pearl Jam, Jay Z, The Blues Brothers, B.B. King, Prince, Peter Dinklage.

The Milkman's Sons have two things in common with all of them.

They're musicians, for one thing.

They're also each taken the stage at Chicago's famed House of Blues. Granted, the Virginia cover band played the venue's secondary stage as the main act. The Tragically Hip played upstairs.

"It was even more than what we were expecting," said Mickey Kapchuk, rhythm guitarist and vocalist

for the band.

They gained some new fans from Wisconsin and Texas (and a promise by the manager to be asked back sometime soon) during their debut performance, even though they didn't bring their full production, which includes backdrops, laser lights and smoke machines

for the band. "Performance as a big part of the show. As much as the music is, the visual aspect and the entertainment part of it has to be there as well," said Ben Kapchuk, Mickey's brother, the band's lead vocalist and bass player.

They interact with the audience and tell a lot of jokes. "Our band

really doesn't start sounding good until you've had two drinks," said Mickey. "After six drinks we start to look like the Rolling Stones." Ken always says, "Make sure to tip your waitress, but don't tip her over!"

Even their name is a joke — taken from a song by Ugly Kid Joe. It rhymes their childhood dreams:

MUSIC

"To get it the other sibling when you were said" and Ken, "and you were adopted" or "you're the milk snail man" that kind of thing. It seemed to fit."

"Their parents are deceased" but "they would get a real kick out of it," said Mosley.

The McKenna's Sons has been a free pass for little more than a year when Chad Kingston joined as key boards. Geoff Gilbert is the newest addition to a previously rotating lead guitar role. Drummer Terry Louka has been there since the beginning about three years ago.

For Ken, that is a second new old lesson with music. He grew up playing the bassoon, he started playing guitar. His Macky this is first time.

He was inspired to play guitar just four years ago, when his son started learning guitar in a high school class.

One day at home, Mickey picked up



The McKenna's Sons arrive at The House of Blues in Chicago before the show.

his son's guitar, pulled up a Led Zepplin song, online and started teaching himself the ballad.

When he started jamming with a pop band of novice players, he met Arato. Both performed rock music, so they launched off to start their own band.

"That's when Mickey started pushing Ken to pick up the bass again. At

for a month of prodding, Ken joined their jam.

It happened from there.

The McKenna's Sons play classic rock, country and indie, emphasizing its typically bar-band charm by each genre.

"When we're trying to do as come up with those two songs that each person is going to like," said Mickey

"That's why we try to mix up the two as a lot."

"The other 10 songs we do, they're not going to remember what we did," he added with a laugh.

With everything they play they try to pay tribute to the song's original musician.

"People come out and they want to make their own music," said Mickey. "We're going to try to re-create those songs as close as possible to what they heard originally."

Just as their act has made the band so famous their audience. The band members themselves, however, are not so typically interested in anyone from 30-somethings to under 20s.

"We've had a lot of people really want to see us do work. Because they all wish they could be doing it, taking up a guitar late on life and going out and having fun," said Mickey. "We're seeing like a bunch of 30-year-olds

with all your old heads on our stage here."

In at least one case, they're in spirit. Older people to pick up an instrument. A friend of Ken's had stopped playing guitar years ago, since seeing the band perform, he has picked up his guitar again.

"I like saying to them, 'Look at me, you can do this at any age, just do it. Just make your mind up. And that's what I want to do a inspire someone,' said Ken."

"Music is the fountain of youth. I'll never give it up again. I'm going to be doing this whether it's in the old folk home doing mature sessions when I'm 90. It's just been too much fun."

The McKenna's Sons are playing Feb. 13 in Moose Jaw as part of the Justice Government of Hearts Initiative.

www.billymckenna.com
Twitter: @mckennasons

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IN THE CITY

FEBRUARY 6, 2015 - 9:58 A.M.

On the ice stage



Pembina Place's Sarah Mingle competes at the Prairie Regional Spectatorized Skating Championships at the Legends Centre in Warren. BRIDGES PHOTO BY MICHELLE BERG



Next week in BRIDGES

**Ted Rowan took up track
and field at the age of 70.
Since then, he's set 15
Canadian records.**



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Hyde Park View is transforming the concept of adult housing in Saskatoon! This new 50 plus housing development is ideally located near stores and public transit services and combines contemporary style, superb amenities and Age-in-Place Design.

Age-in-Place Design includes 96-inch wide doorways, spacious floor plans and a proven fast, barrier-free walk to vital shower enclosed in glass. Assisted living services can be purchased and delivered to the suite, as required.

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Additional Design Features include floor-to-ceiling, triple pane windows that capture gorgeous views of Hyde Park, with an 237 acres of lakes, parkland and walking trails right across the street! All of the "vital features" of today's condos market are offered. Concrete is standard in all entrance hallways. Mechanical systems are at a higher standard than many condos with outdoor air-flow heat and central air systems with integrated cooling for each suite.

Life-lease suites are pre-selling with 36 units still available in this amazing 4-5 story building. Suite size ranges from 821 to 1397 square feet, including one bedroom-plus-dens, two bedrooms and two bedrooms plus den suites.

Every life-lease suite includes one outdoor parking stall as well as a garage, heated parking, with adjacent individual dry-walled storage rooms. Residents enjoy first access to the exclusive attractive amenity space.

Hyde Park View offers some of the most attractive plans in the city, especially when you consider the amenities and the high level of service provided to residents. The Ellis Lodge Housing Group has been providing quality housing in Saskatoon for more than 30 years.

Contact Shelley Davis at (306) 612-3338 and visit the website at www.hydeparkview.org for more information or drop by Ellis Lodge (1123 Main Avenue) between 9am and 5pm to pick up a sales package.

*Imagine the View
from here*

www.hydeparkview.org

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

MUSIC

Wed., Feb. 11

Gorgeous Bluelegs
Buds on Broadway,
817 Broadway Ave.

The Hi-Line, Feb. 12

Topher Mills
Buds on Broadway,
817 Broadway Ave.

Royal Wed
Broadway Theatre,
715 Broadway Ave.

Fri., Feb. 13

Fear of Knowing
Buds on Broadway,
817 Broadway Ave.

Flano Friday: Ray Strophen
8000
Jazz Singer Series: Seak-
atoon Summer Players/
Broadway in Love
The Esplanade,
204 Fourth Ave. N.

Dan McCannell Band
Army & Navy Club,
259 First Ave. N.

Frontlines
Toon Town Tavern,
3330 Flight Dr.

The Rhythmes
Fairfield Senior Citizens'
Center,
103 Fairmont Ct.

Major Mills
Mickley Robinson,
3130 Elphinstone St.

The Blows w/ Elliot Sea
Angus Central,
606 Dufferin Ave.

Ogilvie Mothers w/ Soup
Bonds and Hobbies/Don
Vancro's Tavern,
481 Broadway Ave.

The Beliefs
Starr's Place,
106-110 Ruth St. E.



Fear of Knowing performing at Buds on Broadway on Wednesday.

Jett Run
Piggys Pub and Grill,
1403 Mykoyld Dr. N.

**Winston's Annual Anti-Va-
lentine's Day**
Winston's English Pub,
243 2nd St. E.

Sat., Feb. 14

Fear of Knowing
Buds on Broadway,
817 Broadway Ave.

Flano Saturday: Mosaic
Duo
Jazz Singer Series: Seak-
atoon Summer Players/
Broadway in Love
The Esplanade,
204 Fourth Ave. N.

Dan McCannell Band
Army & Navy Club,
259 First Ave. N.

Valentine's Day Dinner: Les
Beverly
Nortone Legion,
3021 Louisa St.

Valentine's Day: Les Ocho
Downtown Legion,
606 Spadina Cres. W.

Valentine's Day
Mickley Robinson,
3130 Elphinstone St. E.

Rich Home Queen w/ A-
Gems and Pinkie w/ A-
Gems and Pinkie
Oldies Sweet Center,
241 Second Ave. S.

The Petchowips w/ Classy
Chassis
Angus Central,
606 Dufferin Ave.

Valentine's Day: Overwood
and Ray Elliott
Neil Young Fest 5.5: The
Shelby Burns w/ Ride to
Down, The Red Decisions
and The Beliefs
Capital Music Club,
244 First Ave. N.

Pocket Change
Vagabond Tavern,
801 Broadway Ave.

Anti-Valentine's Day Party:
The Northern Light, Search
to Robert, Jambie, Mollen
Gators and the Guts

Rock Bottom
8345 Broadway Ave.

The Beliefs
Starr's Place,
106-110 Ruth St. E.

Jett Run
Piggys Pub and Grill,
1403 Mykoyld Dr. N.

Sun., Feb. 15

Acoustic Jam: Seattle/Perry
Buds on Broadway,
817 Broadway Ave.

Roots Series: Matthew
Ryne
The Esplanade,
204 Fourth Ave. N.

Tues., Feb. 17

Big Dave McKee
Buds on Broadway,
817 Broadway Ave.

The Acoustic Sounds of Big
Singer w/ Will Williams
Broadway Theatre,
715 Broadway Ave.

ART

The Gallery at Frances Mon-
rovia Central Library
Wed. Feb. 11 at 30 2nd St. E.
Her story by the Local History
Department (SPL). A tour of
tourist photographs of Seak-
atoon's early better shops and
beauty parlours. Reception
Feb. 11, 7 p.m. to 9 p.m.

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

Mendel Art Gallery

Until March 22 at 950 Speedway, Suite 101, New winter exhibitions include *Buttleground* and *War Tans* from Afghanistan, *Drop Wastler* by Swiss artist Ursula Biemann, concerning Certain Events, recent works by Saskatchewan artists Tammi Campbell and Kara Lankinen, the *Border Crossings* Study Centre, a mobile archive of the 34-year history of Border Crossings art magazine and the *IBC Artists by Artists* mentorship program, reflecting Menace Martin's mentorship with Gethryn Miller.

The Gallery Art Placement

Until March 5 at 233 Third Ave. S. Thompson by Lynne Graham, a recent series of still-the drawings, reception Feb. 13, 9 a.m. to 8 p.m.

Paved Arts

Feb. 19, 8 p.m. at 424 20th St. W. *Private Ties* some new and *Don'ts Kitchen VIII*. An annual touring collection of short films and videos made by Alberta artists. *Don'ts Kitchen* will be open before and after the screening, featuring reflecting on *Quintale*, short videos by John Morgan-Good. *Don'ts Dog* by Ed Janzen runs until Feb. 23.

Gordon Swartzlowe Gallery

Until Feb. 15 in Room 191 U of S Murray Building 15, a joint exhibition featuring University of Saskatchewan and University of Regina students. Reception Feb. 13, 7 p.m. to 10 p.m.

NCAAP Art Gallery

Until Feb. 15 at 253 Third Ave. S. *Metz/Memoria* by Kevin Metzquiste. Native animals and human activities from *Thorne to Exclamation* by Brenda Kaleskie, Feb. 16 until March 5.

Eye Gallery

Until Feb. 13 at 113-115 College St. *Close to Home*. Photo-



Hand-drawn art by children on display at the Gallery at Peoples Memorial Central Library.

drawn by Jennie Westman

Affinity Gallery

Until Feb. 21 at 813 Broadway Ave. *Our People in Fibre*. A collection of fibre art from women across Alberta, Saskatchewan and Manitoba.

Horn Art Supply

Until Feb. 28 at 1818 Lorne Ave. *Artwork by Roger MacIsaac*. Reception Feb. 13, 2 p.m. to 4 p.m.

Art is the Centre

Until Feb. 28 at Parkside Centre, 180 Griesbach Cres. Works by the RedHorn Art Group.

Humboldt and District Museum and Gallery

Until Feb. 21 at 601 Main St. in Humboldt. *Land of Living Skies*, an OIAAC Arts on the

Move exhibit. *Centrest*, a Local Perspective exhibit by the Saskatoon Pottery Guild, runs until March 23.

Staton Arts Centre, Inverm

Until Feb. 28 at 701 Railway Ave. in Inverm. *Exposition On the edge of the Woods*. Top watercolor by B. A. Conly and photographs by Ray Gert. *Art-Meet-the-Artists* reception Feb. 21, 2:30 p.m.

STM Gallery

Until Feb. 28 at St. Thomas More College, 1437 College Dr. *IMPRESSA* by University of Saskatchewan Intermediate Printmaking Students.

Linked Colony Collapse

Until Feb. 28 along the Riverbank from the Museum

Vally Centre to the Island Art Gallery. An installation in the trees by Marique Martin with support from Sask Teens members.

Saskatoon City Hospital Gallery on the Bridges

Until Feb. 28 on the south floor of the Artium at Saskatoon City Hospital. *Watercolour Landscapes* by Patricia L. Clarke and contemporary textured acrylic paintings by Marlene Hamel. New glassworks runs through February. Recent acrylic paintings by Richard J. Martin.

Prairie Star Gallery

Until March 1 at 1106 Elphinstone Blvd. by Michael Hendricks.

Headache House Showcase

Until March 21 at 710 Broad-

Hornbelle and District Museum and Gallery

Until March 27 at 601 Main St. in Hornbelle. *Centrest*, a Local Perspective exhibit by the Saskatoon Pottery Guild.

FAMILY

Stay and Play

Tuesdays, Wednesdays and Thursdays, 9:15 a.m. to 11:15 a.m., through April. For children up to age five. Semi-structured, crafts, snacks, story time, toys, activities. Small stay-and-play also. family@smallstayandplay.com or visit the Facebook page.

Saskatoon Peaceful Painting Group

Feb. 11, 15 a.m. to 12 p.m. at the Peasey. *Painting the Heart of Saskatoon*, 248 Third Ave. S. For any family seeking to use their children peacefully. A different topic each month. Children are welcome.

Stars and Strollers

Wednesdays, 1 p.m. to 4 p.m. at Centre Cinemas in The Centre. Choice of two movies each week. A baby-friendly environment with loaned strollers, diapered facilities, a changing table and stroller parking in select theatres.

Saskatoon Indoor Playground

Thursdays, 9:15 a.m. to 11:15 a.m., through May, at Emmanuel Baptist Church, 1336 Augusta Dr. Parent-supervised playground for kids up to age five. A bounce house and toys. Fields designated for play areas, coffee for parents. Registration on arrival. Information at scootmfgroup.com or their Facebook page.

CFC Church and Play

Daily 10 a.m. to 6 p.m. in Bay 4 of 613 South Railway St. W. in Worman. *Saskatchewan's newest indoor playground*. For children up to age 12. Visit cfcplayandplay.com or their Facebook page.

EVENTS

What you need to know to plan your week.
Send events to bridges@theatraphoenix.com

Seakaloon Strong Mom & Baby Fitness
Classes run from 8 a.m. to 9 a.m. on Wednesdays. All fitness levels are welcome. Registration and information at seakaloonstrong@normalmail.com or to com/SeakaloonStrong-Moms.

Fun Factory Indoor Playground
Daily at 16300 Quebec Ave. A giant indoor play area for young children. Adults and children under one year are free. There is a separate fenced-in area for children under two.

Children's Play Centre
Daily at Lawson Heights Mall & Fun, safe, environment for preschool children to play. Please note this is an unstaffed play area, and adults must stay with and supervise children at all times.

Market Mall Children's Play Centre
Daily just off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

Pop In & Play
Thursdays and May 21, 9:30 a.m. to 11:30 a.m., at Brinkside Alliance Church, 310 Penrod-off Crest. For children and their parents. Monthly themes, learning centers, snacks and occasional special information at office@brinksidealliance.org.

Momies for Moments
Thursdays, 10 a.m., at Brinkside Alliance Church. An infant-friendly environment with reduced sound, change tables, bottle warming and stroller parking.

Breastfeeding Cafe
Thursdays, 10 a.m. to 11:30 a.m., at Westside Primary Health Centre, 3311 Fairlight



Wick Open Children's Theatre's Grimm's opening on Saturday with scenes from the school break.

at a drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with brief educational presentation, and time for interaction with other mothers.

Grimm's Grimm
Feb. 13-23 at The Refinery, 808 Duffield Ave. Three classic tales by the Brothers Grimm adapted with a

spin by Wick Open Children's Theatre. The people of Grimm's world help Rapunzel, Sleeping Beauty, and Hansel and Gretel outwit the wicked witch of Grimm's. Tickets at wicksopen.com or at the door.

Get Sent Clinics
Second Thursdays each month, 3 p.m. to 6 p.m., at Pregnancy and Birth Centre, 3-1025 23rd St. Get your needs checked

and questions answered by a trained Get Sent technician. Call 360-281-7933 or email whendy@getsent.com to register. Drop-in is also welcome.

My Sonnet Hands Theater: Baby's and Toddler's Baby and Toddler Sign Language
Starting Feb. 10, Baby sign language provides the skills to communicate with your pre-verbal/baby, toddlers

and development and strengthens cognitive skills. For information contact Tanya Myrfield-Wolfe 65W, RSW, Certified Baby Sign Instructor at tanyaw@myrfieldwolfe.com or visit myrfieldwolfe.com.

Shop in 2000
Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at The Mall at Lawrence Heights. Classes consist of power-walking, body-sculpting moves using exercise tubing and a socializing for parents and babies. Freezer at 1000 and 2000 at The Mall at Lawrence Heights. No classes on out holidays.

Baby Talker SPL
Fridays, 10:30 a.m., at Alice Turner Branch, Mondays, 10:30 a.m., at Carle's Young Speech and St. Wood Speech and Tuesdays, 10:30 a.m., at Cliff Wright Branch. Half-hour singing and rhymes, then sing-along with other parents.

Kids Gown Painting Class
Feb. 12, 6 p.m., at West Point Pottery, 2110 Eighth St. E. A step-by-step class in acrylic painting. The project is Aaron Low. Register at 366-373-3219.

Free Family Fun
Sundays, 2 p.m. to 4 p.m., at the Memorial Art Gallery, 500 Aqueduct Crs. E. For ages four to 12, accompanied by an adult. Art-making activities led by gallery artists. Supplies are provided. Feb. 15, Community Family Day with a weaving activity inspired by the textile exhibition.

Postnatal Yoga
Mondays, 12 p.m. to 1 p.m., at Phoenix and Rainier Health Centre, 245 Third Ave. S. Designed to help with postpartum recovery. Baby-friendly class with a certified yoga teacher. Suitable for four

weeks to two years postpartum. Register at myphoenix@wix.com/puenercy. No class on stat holidays.

Canada's Light Source (CLS) Public Tours
Mondays, 1:30 p.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Registration is required. Call 366-567-3644, email sure@cls.ca or visit lightsource.ca/en/visit/lightsource-canada/canada-public-tours.php.

Parental Yoga
Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 245 Third Ave. S. Taught by a doula-certified yoga teacher. Information and safe for any stage in pregnancy. Call 366-201-5433 or email info@parental-yoga.com for great rates. No class on stat holidays.

2015 Seakaloon Whistling Game
Feb. 16-18 at the U of S Education Gym. Presented by the Seakaloon Whistling Club. With lead clinician Andy Howell. All ages/competitive whistling, open to anyone who wants to compete. Register at 366-881-6437, Daniel@seakaloon.ca.

Over in the Family
Feb. 16-20 at Silver Creek Conservation Area, bring the family to learn about birds in the area. With native nature walks, interactive environmental activities, and owl-roosting. Information at 366-373-2674.

Playgroup
Thursdays, 9:30 a.m. to 11:30 a.m., at Grace-Westside United Church, visited by Mother's Learning Community, a group of families inspired by Waldorf philosophy. Playgrouping is aimed at children ages two to five, but all ages are welcome.

EVENTS

Mayday Carpet Bowling
Wednesday, 1:30 p.m., at Mayday United Church. Beginners and experienced players are welcome. For information call 306-527-3251.

ICC Film Series: Ghetto
Feb. 11, 7 p.m., at Broadway Theatre. Members of the U of S Department of English, 50 students on the Saskatoon scene and the Saskatoon Native Theatre Company bring a discussion following the film. Admission at the door.

CUW Public Presentation
Feb. 11, 7 p.m., at the YWCA, 510 24th St. E. Hosted by the Canadian Federation of University Women. CUW Saskatoon president Bernice Surfar will speak on her experience as a volunteer in Somalia and on how women can become involved in helping women at home.

I Love Rock 'n Roll
Feb. 14, 5:30 p.m. to 8:30 p.m., at Massey Hall, 1021 Saskatchewan St. W. A family dance fundraiser for Girls Rock Camp Saskatoon. With a DJ, pizza sale, snacks, drinks, games and prizes. Tickets at plastic.com

BPC Dances
Thursdays, 7 p.m., in room 13 at Albert Community Centre, 480 Clifton Ave. S. Saskatoon International Polka Club. Learn dances from many countries around the world. First night is free. Visit www.bpcdance.com.

Socialization
Feb. 13, 8 p.m., at Louie's Pub, 30 Campus Dr. Variety night. Featuring drag burlesque, pole dancing by Lili and music by DJ Denise. Tickets at clubcity.com, or at the GSSU Pride Centre, or at the door. A 19+ event.

Lynell Austin Beckett (Lariat Woman Social)
Feb. 13, 6:45 p.m. to 7:30

a.m. concert at St. Andrew's Presbyterian Church, 436 Spadina Cres. S. Violist: Andy Kang, Cellist: Rachel Moore, and pianist: Angela Park perform. With works by Mendelssohn, Bach, Chopin and Saskatchewan-born William Dawson. Tickets at Yamaha Piano, McNally Robinson or at the door.

Old-Fashioned Kitchen Party
Feb. 13, 7:30 p.m., at the Ukrainian Centre, 210 Second St. E. Hosted by the Ukrainian Congregation of Saskatoon. A family event with music, food and fellowship. Asking for sale tickets at the door.

Metropolis Spectacular
Feb. 15-16 at SouthCo Centre. Tickets at 306-393-7890, metropolis.ca.

Fourth Annual Saskatoon Winter Escape Expo
Feb. 15-16 at PrairieStar Park. With competitions, trade show, a trivia challenge, clinics, seminars and demonstrations. Saskatoon's Horze Federation AGM Feb. 16, 3 p.m. Awards of Excellence lunch. Tickets at 1-800-361-7890 and information at saskatoonwinterescapeexpo.com. Tickets also at the door.

Valentine Tree Sale
Feb. 14, 10 a.m. to 2 p.m., at Market Mall. A fundraiser for Save the Children Canada. Donations are requested and accepted at the sale location from 9 a.m. to 10 a.m. Cookies, squares, cupcakes and veggie platters are sold. Please avoid peanuts. For information call 306-477-8894, 306-393-7877 or email mcconfer@csa.ns.ca.

Meat Your Match
Feb. 14, 10 p.m. to 3 p.m., at Market Mall. Hosted by Bob Hope Dog Rescue. A pet adoption day event. Showcasing some of New Hope's adoptable dogs in a runway show.



Exciting motorcycle stunts performing one of the attractions to see at the Metropolis Spectacular Feb. 15-16 at SouthCo Centre. metropolis.ca

With music from Starfield and Great TV.

Chinese New Year Celebration
Feb. 14, 5:30 p.m., at TCU Place. Celebrate the Year of the Goat. Cooks, a banquet, performances and prize dinner. Tickets at 306-362-3658, 306-373-0159.

Wine & Cheese Tasting Event
Feb. 14, 7:30 p.m., at Rhinoceros Restaurant & Market, 401 24th St. W. For tickets: email info@rhinoceros.ca or call 306-554-3305.

What Is Love? A '90s Valentine's Dance Party
Feb. 14 at Casino Series Centre, 614 11th St. E. Hosted by Lopic Events. A '90s-themed dance party. Tickets from the U of S 550 Club or at the door.

Valentine's Day Bed Party and Fashion Show
Feb. 14, 9 p.m., at Toule Nightclub, 9201 Alberta Ave. Five Saskatchewan City, Saskatoon show by Joe Marie and models from Mexico.

Talent Agency Admission at the door.

2015 Valentine's Luncheon Party
Feb. 14, 9 a.m., at SCAP Ashik Hall, 2407 Ave. C. N. Presented by Cubetazz Salero & Co. With San Latino Band. Tickets at psd.ca.

PASSA PASSA
Feb. 15, 9 a.m., at O'Brien's First Centre, 2nd Second Ave. S. A dancehall social event. Featuring DJ Scott Turner and DJ Heywood and Caribbean food. Admission at the door.

Tonight's Poetry
Feb. 15, 7:30 p.m., at The Woolch Ave House, 148 Second Ave. W. Community Show featuring Shayla Stook.

Frosted Gardens
Until Feb. 15 at Seabrook Gardens. Inspired by the Professional Ice Carving Society of Saskatoon. A two-week long ice carving competition. Carvers from across North America will create ice art. With coloured lights and musical selections at night.

ice bowling, an ice bar, an ice golf ball and an ice arena. Admission at the entrance. Call 306-326-3208 to book large tours. Visit frostedgardens.ca.

OFF-Broadway Performer's Market, Informational Events, and Show
Tuesdays, 8 a.m. to 6 p.m., in the basement of Centre-West-Immersion United Church, 500 16th St. E. Offering a variety of locally produced food, clothing and accessories from indie, pet products, baking and bath/dishes. New vendors welcome. Call 306-664-3600 or email joel@harpnord.com show on.

Adult Canvas Painting Class
Feb. 17 p.m., at Wet Paint Pottery, 3110 Eighth St. E. For ages 18+. A step-by-step class in acrylic painting. The project is privacy in pink. Register at 306-373-3279.

Comedy Night
Feb. 17, 9 p.m., at Piggly & Pub and Grill, 1453 14th Ave. N. With Greg Reed.

English for Employment class

Hosted by the Saskatoon Open Door Society. Improve English pronunciation and communication and learn what you need to find work in Saskatoon. Information or registration at 306-255-4330, 306-403-4464, 306-290-4338, saskatoonopen.doors.ca, saskatoon@open.doors.ca.

THEATRE

Men Make Playboys

Feb. 12-14, 8 p.m., at The Kennedy 4300 Southern Ave. Mike Dwyer's play about one man's journey on the bumpy road to enlightenment is performed as a comedy-theatre. Tickets at 306-653-5791, webboards.ca.

Saskatoon Soaps Improv Comedy

Feb. 13, 9:30 p.m., at Broadway Theatre. The improv comedy troupe brings laughter to the stage. Tickets at 306-682-4806 or at the door.

The No-No's
Feb. 13, 9:30 p.m., at Le Relais, 328 Fourth Ave. W. The improv comedy troupe performs. Admission at the door.

Seven Stories
Until Feb. 15 in the North Saskatchewan, 101 in the U of S John Mitchell Building. Presented by Storyscape Theatre First and Second year students share. Tickets at 306-966-5186.

Manny's Wedding
Until Feb. 22 at Persimmon Theatre. While seeking refuge from a sudden storm, Manny and Charlie find not just shelter, but each other and a relative love. Tickets at 306-384-7732, persimmontheatre.org.

Event listings are provided by community organizations. Listings are subject to change without notice. Information is provided for general information only.

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

1 Rubber
4 Mountain-reflex for sport
7 Alley-suffers concert
12 Most common?
15 Enslaved by (3) Anne to motivate the 22 across
16 Visibly upset... or happy
17 Stamp word of report
18 Pink-colored for Pothe
19 Dig for reasons
21 Late Thoreauian cartoon
22 Home of the Corbair letters
23 Ben
24 Neglected workers?
29 Fish
30 Like some breaking news, newsday
34 Does an action
37 "Mr. T"
38 Name of hotel
39 Caravan named as an airport
42 Marker with a hotel inside
44 Off to play
46 First time
47 Improper relationship
48 Kicker of 38 (Down)
50 Spoken rubber
54 S. S. S. S.
55 "My best!"
57 "I'm... (name another)!"
61 2/4 based score
62 Award, as the Corbair letters
64 Daughter of an Anne who helped 3 Anne
65 Play on that makes one one
66 White House address
67 Motor of choice

DOWN
1 Kick that could break
2 "You're for now?"
3 They're placed in Vegas
4 Soup soup
5 Dismissed to wear and bear
6 Muddled
7 Sports dept.
8 "We're in a..."
9 Tell it to the beds
10 Carter's "admiral"
11 Constructed
12 Old T.V. Queen for
14 Glass between
15 Like some paleo nation's hair
20 Sages of education colloquially
23 Fred of Arthur letters "The Corbair" S. S.

34 Intel art
35 Where... (a happening place)
36 Whop used to play the Corbair letters
37 Customer word of
39 Ketchup
40 Name of the Corbair letters
43 Kinky
45 T.V. record label
46 Ben...
48 Wagon seat
49 Hang a girl's middle name
51 They stick together in the planet

52 10 rd. Report: People speaking only in the world that it is very loud
53 Some labor workers
54 King new rule
56 Big name in the 19th century
58 Humbling
59 Japanese profits
61 Quail's pin
62 Set (for)
63 Campaign
64 Is it... similarly
65 It is up, at least for now
66... "Spoken word"
68 Constantly leaving a look of their S. S.

CROSSWORD BY WILL SHORTZ

Authentic Amish Cooking



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Sour Cream Cookies

- 3 C. Sugar
2 C. Butter (see substitutions)
4 Eggs
1 C. Sour Cream
1 C. Sugar
2 C. C. Sugar Cream
- 2 t. Baking Soda
4 t. Baking Powder
1 t. Salt
1 t. Vanilla
2 t. Lemon
7 C. Flour



Mix sugar and shortening. Add eggs and mix well. Add the rest of ingredients. Mix well. Chill. Roll out, cut and bake at 375° until lightly brown. Frost with your favorite frosting. I use 2 cups of sour cream no I like them better.

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JANRIC CLASSIC SUDOKU

Level: Bronze

Fill in the blank cells with the digits 1 to 9. Each number can appear only once in each row, column and 3x3 sub-grid. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

5	6		2	1	4		3	
	8				9		5	
			9	5		2		
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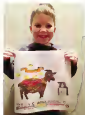
Sudoku is the crossword puzzle and the Sudoku words found on Page 27

OUTSIDE THE LINES

Colouring contest

Each week, Stephanie McKey creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bridget@stephanymckey.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is
Kael Zebko.
Thanks to everyone who
submitted entries!

Family *in motion* Day

February 16th

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Where will you spend Family In Motion Day?
Send us a story or picture of how your family was physically
active for February 16th to
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SHARPEATS

See a food trend you think deserves a highlight in Bridges?
Email bridges@thestarphoenix.com
or visit Bridges on Facebook

#LOCAL FOOD SCENE

Valentine's Day dessert pot-luck for the ladies

By Jenn Sharp

It's hard to be single on Valentine's Day. As much as you want to say "screw it! It's a fake, over-commercialized holiday anyway!" it's still hard. Lastly, chocolate runs a little. It's also hard to be coupled up — what are the expectations? Do you go over the top with roses, chocolate and dinner? Sometimes girls say they don't care about Valentine's Day but secretly they want a diamond. What's a guy to do?

Ladies, take a little pressure off your men this V Day and just pop your hanging with the girls. Then, whip up one of these delicious desserts.

RED VELVET CUPCAKES WITH DARK CHOCOLATE GANACHE AND RASPBERRY CREAM CHEESE ICING

StarPhoenix columnist and pastry chef, Renee Kalkman's cupcakes are to-die-for — not overly sweet, plus these best! That makes them healthy, right?

Recipe reprinted with permission from www.reneekalkman.com

Serves 12

INGREDIENTS:

- 1/4 cup cream raspberries
- 2 1/2 cups all purpose flour
- 1/3 cup unsweetened cocoa powder
- 1 1/2 tsp baking powder
- 1/2 cup baking soda
- 1 tsp salt
- 1 dozen egg beets, rinsed, drained, patted dry
- 1 1/2 cups granulated sugar
- 1/2 cup melted butter (or vegetable oil)
- 2 eggs
- 2 cups sour cream
- 1 cup buttermilk
- 1/2 block light cream cheese (or full fat, tubed)
- 1/3 cup sugar



Now it's important to let us all know if you bring these pretty Red Velvet Cupcakes with Dark Chocolate Ganache and Raspberry Cream Cheese Icing (and Renee Kalkman's recipe of sweet chili sauce) to Bridges Photo by Michelle King

METHOD

1. Line the raspberry on the counter to drain. Preheat oven to 350°F. Line a 12 cup muffin tin with papers or spray with oil.
2. Stir together dry ingredients.
3. Pour beets in a blender or with the immersion blender.
4. Beat the sugar and oil on medium speed level, using an electric mixer, for about 2 minutes. Beat in the eggs, then the beets and vanilla. Gradually beat in one-third of the flour mixture, just until blended, then half of the buttermilk. Scrape down the

- bowl repeat additions, making with the flour mixture. Divide the batter among the muffin cups, filling 3/4 full.
5. Bake in the center of your oven for about 25 minutes or until tester comes out clean. Cool in pan on rack for 10 minutes, then remove from pan and cool completely before dipping in ganache.

CHOCOLATE GANACHE

- 1/4 cup heavy cream
- 6 ounces dark chocolate, chopped

6. Place chopped chocolate in a bowl.
7. Heat the cream in a saucepan until boiling. Pour over the chopped chocolate, and whisk until smooth. Let sit for about 10 minutes before you dip your cupcakes.
8. Plunge the tops in and let rest on a cutting board or rack. Let sit for a few minutes and plunge again.
9. What until the glaze is completely set, before piping on your raspberry cream cheese icing.

RASPBERRY CREAM CHEESE ICING

1. Strain your raspberries, reserving the liquid.
2. In a mixing bowl, beat the cream cheese until soft, add the icing sugar and raspberry puree. Blend until super smooth.
3. Pipe a dollop on top of your chocolate ganache cupcake or you can completely omit the ganache and drizzle and simply smooth the cupcake with this icing. These are best the day of, but will be fine if refrigerated in an airtight container for a couple of days.

SHARP EATS

CHERRY BERRIES ON A CLOUD

Remnant of the '70s, this beautiful whipped meringue, topped with bright red cherries, was a staple in my house. Mom always made it when she hosted a dinner party or an special occasion. It's time, therefore, to make, though — give yourself two days before you want to serve it.

Recipe courtesy of '80s-era Mom Berney from the Best of Bridge, Volume 2, www.bestofbridge.com. 2014 © Reprinted with publisher permission.

Serves a whole party

MERINGUE

1 egg white
¼ cup cream of tartar
½ tsp salt
1 ½ cups sugar

FILLING

1 ½ lb. cottage cheese, left out
1 cup sugar
1 tsp vanilla
2 cups whipped cream, whipped
2 cups vanilla ice cream

TOPPING

1 lb. can cherry pie filling
1 tsp lemon juice
2 cups sliced frozen strawberries

TO MAKE MERINGUE

1 Beat eggs to *STIFF*. Gently fold in salt.
2 Beat egg whites, cream of tartar and salt until frothy. Gradually beat in sugar. Beat until very stiff, about 10 minutes and spread in pan.
3 Bake one hour. Turn off oven and leave meringue in oven overnight or 12 hours.

TO MAKE FILLING

1 Mix cream cheese with sugar and vanilla.
2 Gently fold in whipped cream and marshmallows. Spread over meringue.
3 Refrigerate overnight or 12 hours.
4 Cut into serving pieces and add toppings.

TO MAKE TOPPING

1 Stir pie filling and lemon juice into thawed strawberries. When it's done



Fluffy, whipped meringue and bright red fruit make this classic dessert. Cherry Berries on a Cloud perfect for a Valentine's Day picnic. www.bestofbridge.com PHOTO BY MICHAEL HOGA

JENN'S RAW CHOCOLATE PUDDING PARFAIT

If you're looking for a little less indulgence, this is the dessert for you. I adapted it from a recipe I found online and tweaked to my preference. Taste as you go with this one and add sweetener accordingly if you're making enough for a party. You'll want to double the recipe of the usual combination to make the parfait.

Serves 2

INGREDIENTS

2 ripe avocados
½ cup unsweetened cocoa or raw

cocoa powder

½ to ¾ cup almond milk
1 to 2 tbsp raw honey or maple syrup
1 tbsp coconut oil
1 tsp vanilla
A pinch of sea salt
A few mint leaves (optional)
1 tbsp coconut butter (optional)
1 can coconut milk, refrigerated
1 cup berries (frozen and thawed or fresh)

METHOD

1 Blend all ingredients in a food processor or blender (if you use a blender, you'll have to scrape the sides down more often).
2 Add almond milk until you get the desired consistency. Add can of

cream to your taste. I put mint leaves and coconut butter as garnish.
3 Open the can of coconut milk — the cream will be the hardened top layer. Scoop out into a bowl and blend with a little vanilla and maple syrup if you like. This is your coconut cream.
4 Using 2 small mason jars, sundae cups or cocktail glasses, fill the bottom with pudding, then a layer of coconut cream. Top with the berries, more pudding and/or cream, depending on how much you have left. Garnish with a few berries or sprig of mint.
What are you doing for Valentine's Day? Or do you think celebrating it is a waste of time?
Twitter.com/leannk88app



Just a Raw Chocolate Pudding Parfait. www.bestofbridge.com PHOTO BY MICHAEL HOGA

ASK ELLIE

Be your boyfriend's ally, not his alternate good-Mama

Q. My boyfriend and I have lived together for 18 months. We're both almost 30.

His mother's scarily interfering with our relationship.

He lost his father when he was a teenager. Yet his mother still has his father's things around — pictures, plaques, books etc. She remarried two years later to a man who's not very nice and was a friend of my boyfriend's father (aparting many people).

My boyfriend asked me not to tell his mother when we see his father's family — including my boyfriend's two half-siblings and their children, uncles, aunts, cousins.

He said it hurts his mother's feelings when we see them. We try to get together with his half-siblings every couple of months.

On Christmas Eve at his mother's house, he mentioned that we want to have a destination wedding (at home, it'll be too large).

She instantly snapped, "I've already told you if you do that I'm not coming." He's her only child.

When asked her first reason was that his date wife would be there — specifically the half-siblings.

I said they were his family too. She then said her husband wouldn't go, so she'd be on her own.

I said that my family would bring out with him and her mother.

She said I'm trying to manipulate about his family and it breaks my heart.

But he mentioned that a destination wedding is a couple of years ago. His mother who hasn't contacted them in eight years, said she was heart that she wasn't invited.

With a potential marriage on line, I've had all emotional about a wedding I just want to go to the courthouse now.

I've told my boyfriend that I won't return to his house until she apologizes to both of us for her what was said on Christmas Eve.

It doesn't bother me if he goes over — but as I'm working for being as offended and broken hearted?

I've mentioned to my boyfriend about confronting her and possibly getting her help to get over his dad's death, but he won't.

I've even this man to know because his mother as doesn't want him around his siblings and he's caught in the middle. Please tell me what to do.

Fighting Back

A. Don't put more pressure on your boyfriend.

He needs you to be his ally, not his alternate good-Mama.

His mother suffers some chronic grief related to her loss. She clearly had issues with his children (the half-siblings from a previous marriage, and those issues may have involved rejection of her).

She has a right to her feelings and to her keepsakes. BUT she does not have a right to rule the life of a 30-year-old son.

It's his challenge to help her realize that.

Plan your wedding when ever and however you both want. He must stand up for the two of you and simply tell her that's how and where it'll be.

Then, back off from your hard stance on her Christmas. You comments. The

wise way to announce wedding plans is a parent, whom you already know as reactionary, is to do so privately explain your reasoning, and stick to your plan — unless you hear accept able reasons for reconsidering.

She's not a "mother" unless you are it to her as one. She is a complicated, unhappy woman trying to exert control on her only son, and bound to lose.

You are offered to be more generous of spirit, since you're bound to win.

It's an important marital bond to try to improve in how relationships if possible. At least make that effort.

Q. I'm 32, and experienced a phase of being people like a maniac or making up a story that I've deleted some of them from my social media. I don't see them often, I want them to keep distant from me.

But sometimes, someone — maybe realizing past mistakes — tries to talk to me. Making conversation would signal my big goddess which I do not deserve, but I fear they'll treat me badly again if they know I fear these things.

Recently one girl and one sent away it was so awkward, and the girl is the middle school uncomfortable.

I don't like being the bad guy but I was badly hurt before. I don't want to seem immature or arrogant, which I may have appeared recently.

What should I do?

A. Move on from the unhappy past. You're survived well, even with some compassion plus forgiveness.

Don't get close, but be polite and respond. Don't have frequent contact, but do show your hard-earned maturity.



Ask Ellie

Here to Help

Connie Lachapelle
Spiritual Care Manager

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GARDENING

VALENTINE'S DAY

Roses aren't the only flower to represent love

By Erl Svendsen

Giving your special someone a dozen roses for Valentine's Day may be the most cliché way to say "I love you." Though roses have often been the refuge of desperate, hopeful husbands on alternate roses and have been burned across the ages and in many cultures.

In ancient Rome, roses and myrtle were combined in wedding bouquets as symbols of Venus, the goddess of love. Similarly, roses were often associated with and symbolized Aphrodite, Venus' Greek cousin. Similar themes are found in Scotland with "O my love's like a red, red rose" describing phrases from a traditional Scottish song and in England with "The rose is red, violet's blue, honey's sweet and so are you" (traditional English rhyme). And a Swedish proverb translates as, "If I had a rose for every day, I thought of you. I'd be picking roses for a lifetime."

Despite Gertrude Stein's assertion that "a rose is a rose is a rose," roses of different colors convey entirely different messages of love. Red, the most popular and most choice of the season, refers to true love. Light pink, coral and orange signify desire and passion. Lavender and deep colors of thornless rose represent love at first sight. And white symbolizes innocence, virtue and purity. If the warm landscape of friendship is what you want to communicate, the choice is yellow roses.

For the budget-conscious, the cost of roses on Valentine's Day may be out of reach. The good news is that there are several other, more affordable flowers that convey the meaning of love. Red and white carnations are the most meaning as red or white roses, pink carnations denote a mother's love for her children, because of giving yellow daisies and striped (infused) carnations.

Other "love" flowers include:

- Red tulip (endless love)
- Purple tulip (true love)
- White tulip (one-sided love)



Roses and lilies have been linked throughout the ages, but roses aren't the only flower to communicate affection. PHOTO COURTESY OF JENNY

- Yellow tulip and daffodil (hopeful or unrequited love)
- Forget-me-not (true love)
- Primrose (eternal love)
- Jasmine (unconditional love)
- Violet (shyness)
- A gerbera moved unapologetically across you have a secret admirer or a potential stalker

Baby's breath is a common addition to many bouquets. But it is not just there for its complementary texture. Its messages of innocence and purity at heart are a nice con-

tributor to more romantic themes.

HOW TO TAKE CARE OF YOUR ROSE AND CUT FLOWER BOUQUET:

1. If you don't have time to arrange your flowers in a vase right away, put them in a container of warm water to keep hydrated until you have time.
2. Use a clean vase with ample space to hold the flowers and enough water.
3. Mix floral preservative with

warm water and fill vase three-quarters full. If you don't have preservative, mix 3 tablespoons per gallon of water.

4. Cut new ends on the stems and remove leaves that will be below the water level.
5. Repeat the above steps every three or four days—empty and clean vase with warm water and do not preservative next time.
6. Keep the bouquet as cool as possible out of direct sun, away from heat registers. But also keep it away

from blasts of cold or the leaky window and exterior door.

7. Keep cut flowers away from ripening fruit.

8. Remove faded petals and leaves to keep your bouquet looking its best.

This column is proudly co-sponsoring of the *Stoughton Press* Society (www.stoughtonpress.com), horthenry@yahoo.com. Check out our Bulletin board or e-mail for upcoming garden information events.

WINE WORLD

#DESSERT WINES

A sophisticated way to woo a special date

By James Romanow

There is a long tradition of enjoying sweets as Valentine's Day. If you have a sweet tooth or know somebody who does, then what you need to buy this weekend is a bottle of dessert wine. You can enjoy such wines with salty cheeses, like Danish Blue or Boursin. The sweet tooth crowd usually eats chocolate or something with it.

The modern alternative is to show up with chocolate, wine and a handful of flowers. (Most women adore roses but the appreciation of the wine and chocolate should kick it up a notch.) You now have a ready-to-go complete date at your hands. I trust you will know what to do with it.

My go-to wines for chocolate are port and Madeira. Port is the sweeter alternative and probably a better choice for somebody who is their dessert drink much or has a very sweet tooth. On the other hand, if you're looking for a slightly more sophisticated drink, something a bit drier with a more serious edge, Madeira has it made here.

Madeira tends to be lighter, a little brighter and with a slightly sherry edge to the taste. You can easily sit and savor a glass by itself, sipping and the flavors of wine, earth and fruit. Like port, you don't have to worry about drinking the bottle tonight. The stuff comes prepared for



lengthy exposure to air due to the charming taste at risk to cover shipping distances back in the day.

A glass of Madeira and a bit of chocolate to nibble on is a delightfully sophisticated way to pass time on a date — until something more interesting occurs to you.

Monday's Date of Clarence Madeira still rules

More wine on Monday at Start/Seize and as always on Twitter @drosow.

Crossword/Sudoku answers

S	O	B	P	A				A	S	T	H	M	A
T	H	E	S	E	U	S		T	H	R	E	A	D
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7	2	5	4	6	8	3	1	9
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Ronnie was a cornerback, free safety and strong safety in the NFL for fifteen seasons during the 1980's and 1990's. Lott played college football for the University of Southern California and was honoured as a consensus All-American. A first-round pick in the 1981 NFL draft, he played for the San Francisco 49ers, Los Angeles Raiders, New York Jets and Kansas City Chiefs. Lott was elected into the Pro Football Hall of Fame in 2000, appeared in 10 Pro Bowls and is widely considered one of the best defensive backs in NFL history. We welcome Ronnie Lott to the 15th anniversary of The Dogs' Breakfast.

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7:30 A.M. PRAIRIELAND PARK



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